

Not losing fast enough? Slow down!

Many of you have expressed disappointment this past week because you haven't lost much, or you may have even gained a little. It is actually recommended that people **lose no more than 1-2 pounds per week** or about one percent of their existing body weight. **The longer it takes someone to lose weight, the more likely they are to keep it off.** Quick weight loss has the opposite effect--it slows down body metabolism so that calories are burned more slowly. This will eventually contribute to weight gain. **So keep at it--gradual weight loss is best!**

The important thing is that you come to our office to weigh yourself every week. Many of you have been faithful with this, but we still haven't seen a few of you! An incentive for you to weigh each week? Our weekly drawing! Last week's winners were:

Phillis Anderson: Weight Watchers TurnAround backpack

Joy Lineback: Tai Chi DVD

Congratulations to our winners!

Have you checked out the Weight-Off component of our Wellness website yet? We've added some terrific pictures this week! Visit us at www.azbenefitoptions.gov and click on the "wellness" link in the left column.

Do you have a story or helpful tip to encourage the others in our group? Call us at 771.WELL or send us an email at wellness@azdoa.gov. We want to feature your tip in our newsletter or on our website. Keep up the good work!

The Wellness Team